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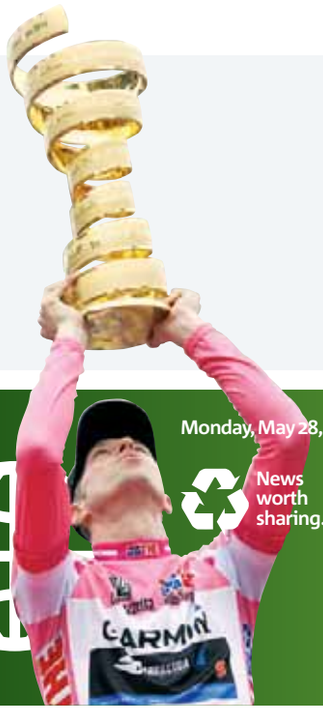
ROLLING INTO THE RECORD BOOKS

VICTORIA NATIVE THE FIRST CANADIAN TO WIN ONE OF CYCLING'S THREE MAJOR TOUR RACES PAGE 25



CALGARY metro

Monday, May 28, 2012

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BEAT OF LILAC

Malek Unger was moving to the beat at a drum circle with mom, Gisa, at the Lilac Festival on Sunday. Story, page 4.
TESSA CLAYTON/FOR METRO

Homeless camps helped

A land, sea and air approach will assist the homeless secluded along Bow River PAGE 3

Missing kids in Mexico

Siblings at the centre of a abduction case have been located, says local media PAGE 6

Mom shaming gone wild

Has the criticism of mothers and their parenting practices gotten out of hand? PAGE 18

Victim's money adviser charged with bombing

Investigation.
Targeted attack saw as many as 70 RCMP officers involved in hunt for alleged killer

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Bombing victim Victoria Shachtay is seen with her daughter Destiny. HANDOUT

Family members of a woman killed in a central-Alberta bombing had fears the financial adviser accused in her death may have been running a scam against the wheelchair-confined mother.

Victoria Shachtay, a 23-year-old Innisfail resident, was killed Nov. 25, 2011, after a packaged delivered to her home exploded.

On Sunday, RCMP announced 55-year-old Brian Malley faces a host of charges in relation to her death, including first-degree murder.

Sister Sarah Shachtay alleges Malley was entrusted with money Victoria gained through a settlement from a 2004 vehicle collision that confined her to a wheelchair.

"It was definitely a low blow," Sarah Shachtay said after learning of the criminal charges.

"There was definitely some suspicion around him from the family since this happened."

Family and friends struggled for answers following the incident. Shachtay's brother Derek told Metro he was struggling with depression and fears other members of his family could be targeted.

Malley is scheduled to appear in a Red Deer court Monday.

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Tougher laws. Alberta cops could seize speeders' vehicles

Alberta will consider giving police the authority to immediately seize the vehicles of people caught driving at extreme speeds as one way to reduce highway deaths and injuries.

Transportation Minister Ric McIver said speeding is rampant in the province and noted that police recently nabbed two pickup trucks roaring down Highway 63 between Edmonton and Fort McMurray at 180 km/h.

"I think it is worth looking at. I think it is worth it for me hearing out Albertans' opinions on this to see if they would support it," McIver said.

In 2009, Alberta's police chiefs asked the province's solicitor general to allow on-the-spot seizure of vehicles belonging to drivers caught speeding more than 50 km/h over the limit, but the government turned them down.

A similar policy brought in by British Columbia in 2010 for people caught driving more than 40 km/h over the speed limit has resulted in 10,387 vehicles being seized and impounded for a minimum of seven days.

Within one year, the number of fatal and injury-related crashes related to speeding was cut in half to 105 compared to the previous five-year average, according to the B.C. Ministry of Justice.

McIver said the government hasn't made any decisions yet, but it only makes sense to review B.C.'s numbers to see if such a policy would work in Alberta.

THE CANADIAN PRESS

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Police Const. Trevor Sadownick peers into a makeshift homeless camp near the bank of the Bow River during a recent patrol by the service's marine unit.

TESSA CLAYTON/FOR METRO

Police ramp up efforts to aid 'rough sleeping' homeless

Initiative. Approach steered by a number of city groups focused more on helping, less on enforcement

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police have stepped in to help with a land, air and sea approach to find Calgary's homeless.

Starting this year, officers with both the police marine unit and the HAWCs helicopter unit have begun incorporating outreach efforts, which target the city's most secluded and least fortunate, into their routines.

Along the Bow River, police have a much easier time spotting homeless encampments that have purposefully been set up away from access roads and river pathways, said Const. Ed Perkins.

"We often see these guys," he said. "We get to know them."

Now, though, police have begun working in collaboration with bylaw services and local support agency Alpha House to establish contact with the campers and offer them an array of services.

"It's about getting them out of the camp and into housing," Perkins added.

On particularly cold nights, a HAWCS helicopter will circle over known homeless camping areas and use thermal imaging to point out sites to units on the ground, said Tim Richter, who developed Alberta's 10-Year Plan to End Homelessness and who now heads a national agency focused on similar objectives.

He also gave credit to bylaw services for moving in recent years away from enforcement through ticketing and toward supporting those in need.

"What's fascinating in my mind is this partnership and process that's evolved into what I think is one of the most comprehensive approaches to rough sleeping in the country," Richter said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Outreach efforts

- City bylaw boss Bill Bruce estimated homeless people have been camping in Calgary parks for three to four decades. "Safe housing is important," he said. "Our parks are not set up or geared to accommodate people living there. Basically, you're not supposed to be there."
- Police Const. Ed Perkins said the marine unit will spot or talk with a few dozen homeless people living along the banks of the Bow River on any given day of boat patrolling.

1 NEWS

On the web

The proposal heard 'round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the 'greatest marriage proposal ever.' Watch him get his girl at metronews.ca.

Mobile news

What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

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Marathon. Calgary man sets blistering pace to win

Thousands came out on a cool Sunday for the 48th Scotiabank Marathon, but it didn't stop one elite marathoner from burning up the track, breaking a 21-year-old race record.

Bernard Onsare, originally from Kenya and now living in Calgary, clocked in at 2:22:47.35 for a first-place finish in the men's marathon.

The race, which drew more than 11,000 people, saw Tanaya Gallagher of Phoenix, Ariz., set the pace on the women's side. She finished with a time of 2:54:24.32.

Runners raised more than $700,000 for 51 charities. METRO

Bernard Onsare wins the men's marathon on Sunday. CONTRIBUTED

Accident

Man in serious condition after being hit by LRT

LRT traffic was at a standstill downtown after a man in his 40s was hit on Sunday.

Emergency personnel say the man was standing near a crosswalk at Centre Street and 7 Avenue when a possible medical condition may have put him in the path of a train. Ambulance officials do not believe alcohol or drugs were a factor. He's in serious condition, EMS officials said. METRO

Spring blossoms for Calgarians at lilac fest

Lucy and Logan Schwindt take in the sights, sounds and tastes of Sunday's 4th Street Lilac Festival. TESSA CLAYTON/FOR METRO

Thousands attend. Food continues to be a big draw for festival-goers

TESSA CLAYTON
calgary@metronews.ca

The end of May signals many things, but for one family, it means the annual Lilac Festival.

"We've been going basically since it started — I was doing knitting contests when I was 14 here," said George Boletta, who was at Sunday's festival on 4th Street Southwest with her mother, niece and nephew.

A blooming good time

"Everyone's in a good mood, so no matter how many people are here, it's still worth it for me to come down."
George Boletta

She said there seemed to be fewer people in attendance this year because of the cooler weather, but it was still enjoyable.

"Everyone's in a good mood, so no matter how many people are here, it's still worth it for me to come down."

This year's festival was a first for her niece, Lucy Schwindt, so she couldn't decide what her favourite part was. But it was an easy answer for her brother, Logan.

"Food. I eat lots of the food here."

He wasn't the only one savouring the tastes of the festival — lineups were long for many of Calgary's food trucks and other vendors.

Nikki Tajiri and Shannon Ferguson waited for about 25 minutes for their Fries & Dolls treat, excited to see the truck back in action.

"It's so worth it," said Ferguson, who appeared on the Eat Street episode that aired recently.

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Crime. Police hunt stabbing suspect after week of violence in Calgary

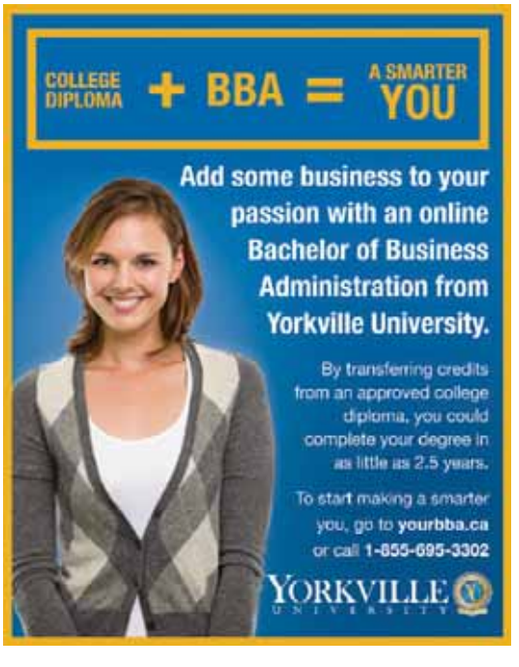
Police are working to find a motive and the suspect responsible for a seemingly random attack in northeast Calgary early Sunday.

At about midnight, a 22-year-old was stabbed near a gas station in the 6800 block of Memorial Drive Northeast He was rushed to hospital in serious condition.

Investigators were working to obtain surveillance footage from the gas station near where the attack took place. They describe the suspect as an Asian male in his early 20s wearing dark clothing.

The victim was upgraded to stable condition after being treated in hospital.

The stabbing came as part of a bloody week on Calgary streets that also saw a man beaten to near death in the downtown core on Wednesday and another man found dead in an SUV in the southeast on Friday morning. METRO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Everest. Vancouver trekker recalls deadly mountain climb

A Vancouver entrepreneur is looking forward to his next challenge after braving a deadly weekend atop the world's tallest peak.

Steve Curtis dreamed for more than five years of climbing Mount Everest. He finally achieved his goal on May 19, the same weekend five people died, including Canadian Shriya Shah-Klorfine.

"We saw the bodies of other people who had died on the way up," Curtis said Sunday.

A fellow climber who shared base camp with Curtis was among those who died that day in the "death zone," an oxygen-depleted stretch of tumultuous terrain. Curtis estimates five or six bodies from years past still lie in the death zone.

DANIEL PALMER/FOR METRO

Charity trek

After he was diagnosed with a rare form of lymphoma in 2006 and given two years to live, Curtis chose to help others. He has since become an advocate for Take a Hike, an organization that engages at-risk youth with adventure-based learning.

Ottawa

Man dead after lightning strike

An 18-year-old man who was struck by lightning in Ottawa has died.

Joel Gauthier was out riding his bike with a friend on Friday when a storm swept through the city. The pair had stopped under a tree. THE CANADIAN PRESS

Everest tragedy

Body retrieval delayed

Climbers might have to wait until October, due to dangerous conditions, to retrieve the body of Shriya Shah-Klorfine, a Toronto woman who died after reaching the summit of Mount Everest.

TORSTAR NEWS SERVICE

Children, abducted in 2008, turn up in Mexico

Lost and found. Investigators found children with their father and a cousin in a house equipped with security cameras and barbed wire

Dominic and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media reports. HANDOUT/THE CANADIAN PRESS

Two Winnipeg children at the centre of a high-profile child-abduction case have been located in Mexico, according to local media reports.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were aged seven and six, respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and that "significant developments" came to pass on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man saw a television news report that mentioned the missing children, who bore a striking resemblance to two children who for the previous couple of weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

He contacted local police and federal authorities but "no one listened to me," so he was put in contact with Juan Manuel Estrada, who heads the FIND Foundation, a group that helps locate missing people in Mexico.

Estrada contacted Interpol Mexico, which found the two children, their father and a cousin, identified as Cody McKay, also from Winnipeg.

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Pride denied to Russian gay activists

Russian police officers detain a gay-rights activist during an attempt to hold a gay-pride parade in Moscow on Sunday. Russian police detained around a dozen protesters demanding the right to hold a gay pride parade in the capital. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied. MIKHAIL METZEL/THE ASSOCIATED PRESS

Miami police kill naked man found eating victim's face

Grisly scene. Witnesses horrified as nude attacker mauls man in the middle of a busy downtown causeway

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on his victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the alleged attacker refused to comply, the officer shot him several times.

Miami police confirmed the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokesman for the Fraternal Order of Police in Miami, told the Associated Press that the officer who fired at the suspect "is a hero and saved a life."

METRO

Police response

"Based on the information provided, our Miami police officer is a hero and saved a life."

Javier Oritz, spokesperson for the Fraternal Order of Police in Miami

Houla massacre

UN condemns Syrian regime

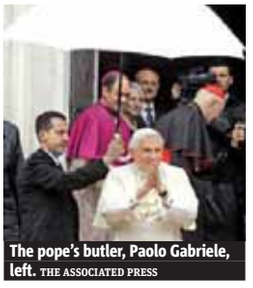
The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling and also condemned the close-range killings of civilians there — but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the "outrageous use of force" against civilians violated international law and previous UN resolutions. THE ASSOCIATED PRESS

Vatican. Pope Benedict's butler arrested for leaks

The Vatican's investigation into the source of leaked documents has yielded its first target, with the arrest of the pope's butler. But the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles and corruption in the highest levels of the Catholic Church governance.

The tumult began with the publication last weekend of a book of leaked Vatican documents. It peaked with the inglorious ouster on Thursday of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2.



The pope's butler, Paolo Gabriele, left. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

No evidence civilians died in strike: NATO

Protesters in Laghman, east of Kabul, react to the deaths of villagers killed in an overnight NATO raid this month. RAHMAT GUL/THE ASSOCIATED PRESS

The U.S.-led coalition disputed reports on Sunday that eight civilians, including children, were killed in a NATO airstrike in a remote part of eastern Afghanistan.

Afghan officials said an airstrike Saturday night killed eight members of a family.

But a senior NATO official said that so far, there is no evidence of any civilian casualties.

The official spoke on condition of anonymity because he was not authorized to disclose the information.

Separately, NATO reported that three coalition service members were killed Sunday in eastern Afghanistan — two during an insurgent attack and one from a roadside bombing.

Four others, including a British soldier, were killed in the south on Saturday, bringing to 169 the number of NATO deaths in Afghanistan so far this year.

The British Ministry of Defence said the soldier was killed in an explosion in the Nahr-e Saraj region of southern Helmand province.

The nationalities of the other three have not been disclosed.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation that foreign forces were conducting Saturday night in Paktia province.

The killing of civilians by foreign forces has been a major irritant in Afghan President Hamid Karzai's relationship with his international partners.

He warned earlier this month that civilian casualties could undermine a strategic partnership with the U.S. that is to govern long-term relations after most international troops withdraw by the end of 2014.

Karzai appointed a delegation to travel to Paktia province and determine what happened.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation.

THE ASSOCIATED PRESS

Deadly time

The killing of civilians by foreign forces has been a major irritant in Hamid Karzai's relationship with his international partners.

- Last year was the deadliest on record for civilians in the Afghan war, with 3,021 killed, the UN said.
- "If Afghan people are not safe, the signing of the partnership (for governance after troops withdraw) has no meaning," said President Karzai's office.

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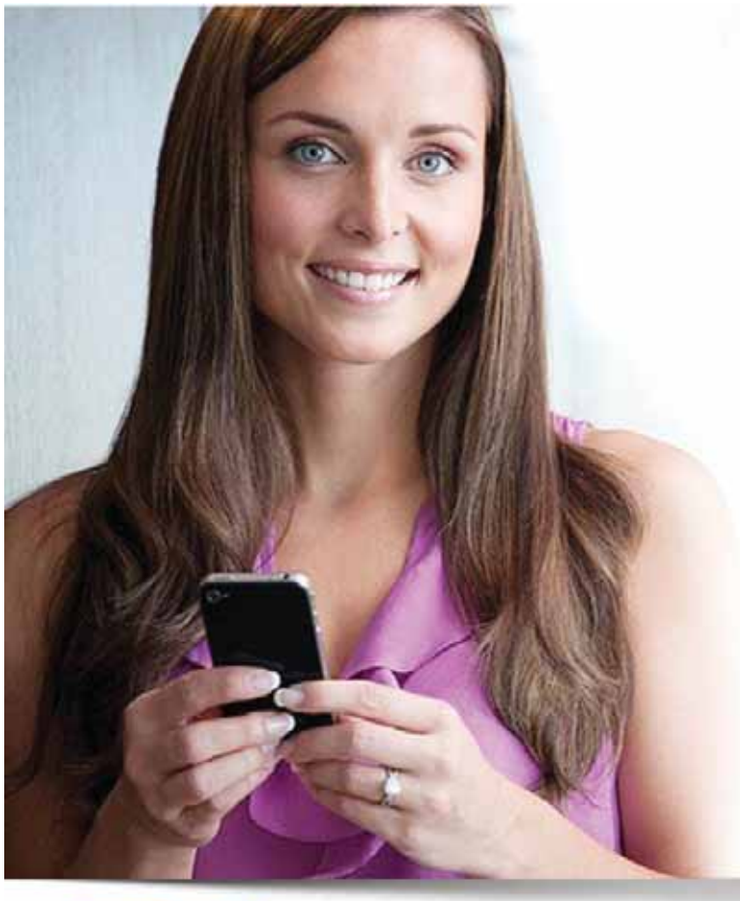

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Facebook's small investors bitter, divided on next step

Wall Street. In lawsuits, Morgan Stanley is accused of sharing negative analyst report about Facebook with favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18. As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial $38 US stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Among those who blame their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Morgan Stanley disputes the allegations. THE ASSOCIATED PRESS

Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.

RICHARD DREW/THE ASSOCIATED FILE

CP Rail. Ottawa to table back-to-work legislation

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption. "With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period.

The minister gave notice of intention to intervene shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week.

As she did with two previous labour disputes — affecting Air Canada and Canada Post — Raitt cited the damage to Canada's fragile economic recovery for quickly bringing the strikes to an end. THE CANADIAN PRESS

Quoted

"What we're talking about is the prolonged effect of a strike.... That's when you start seeing some really significant effects on the economy."

Labour Minister Lisa Raitt

$50-million lawsuit

Pirated ship's crew members file lawsuit

More than half the crew members of a container ship that was at the centre of a piracy drama off Somalia in April 2009 are suing for nearly $50 million US, contending their captain ignored warnings to sail clear of pirate-infested waters off Africa.

The lawsuits have been filed by 11 crew members aboard the Maersk Alabama, a Norfolk-based ship, the Virginian-Pilot newspaper reported Saturday.

The five-day standoff ended when Navy SEALs killed three of Capt. Richard Phillips' captors. THE ASSOCIATED PRESS

Yahoo

Digital magazine designed for iPad scrapped

Yahoo has killed Livestand, a tablet magazine, just six months after its debut on the iPad.

The decision announced Friday is part of the struggling Internet company's latest turnaround effort.

Last month, Yahoo Inc. told analysts it would close or combine about 50 services that haven't been performing up to expectations. That housecleaning plan was drawn up by Yahoo's former CEO, Scott Thompson, whose four-month stint at Yahoo ended two weeks ago when he stepped down over information on his bio. THE ASSOCIATED PRESS

CEO pay up more than 6%: Analysis

Profits at big U.S. companies broke records last year, and so did pay for CEOs.

The head of a typical public company made $9.6 million US in 2011, according to an analysis by The Associated Press using data from Equilar, an executive-pay research firm.

That was up more than six per cent from the previous year, and is the second year in a row of increases. The figure is also the highest since the AP began tracking executive compensation in 2006.

Companies trimmed cash bonuses but handed out more in stock awards. For shareholder activists who have long decried CEO pay as exorbitant, that was a victory of sorts.

That's because the stock awards are being tied more often to company performance. In those instances, CEOs can't cash in the shares right away: They have to meet goals first, like boosting profit to a certain level. The idea is to motivate CEOs to make sure a company does well and to tie their fortunes to the company's for the long term. For too long, activists say, CEOs have been richly rewarded no matter how a company has fared — "pay for pulse," as some critics call it.

To be sure, the companies' motives are pragmatic. The corporate world is under a brighter, more uncomfortable spotlight than it was a few years ago, before the financial crisis struck in the fall of 2008.

Last year, a law gave shareholders the right to vote on whether they approve of the CEO's pay. The vote is nonbinding, but companies are keen to avoid an embarrassing "no."

"I think the boards were more easily shamed than we thought they were," says Stephen Davis, a shareholder expert at Yale University, referring to boards of directors, which set executive pay.

In the past year, he says, "Shareholders found their voice." The typical CEO got stock awards worth $3.6 million in 2011, up 11 per cent from the year before. Cash bonuses fell about seven per cent, to $2 million. THE ASSOCIATED PRESS

Benefits

In the small world of big CEOs, the perks can be spectacular. Drivers, country-club memberships, use of company aircraft — those splashy extras are fairly routine. And so are less-splashy extras, with companies often shouldering the cost for the boss' personal financial planning or annual physical. Among the perks showered on CEOs last year:

- Martha Stewart Living Omnimedia spent $73,230 on a weekend driver for its eponymous founder.
- Wynn Resorts spent $910,345 letting CEO Stephen Wynn use a company plane for personal travel. It also gave up $503,831 by keeping a suite at a Las Vegas resort.

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ONE MAN'S OUTRAGE IS ANOTHER'S MEH

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

Last week I was accused of being a "sheeple."

The definition of "sheeple" being: those people unable to think for themselves and who allow others to form their opinions.

It's a term that's been around since the scared and very pliable sheep in George Orwell's 1984.

I took offence because I've always considered myself a free thinker, someone who holds atypical views on a lot of political subjects; conservative on some, liberal on others.

In this case, an acquaintance of mine was musing about the privileged people in the West who are irritated by the Quebec student protests. My esteemed friend noted that there appears to be a growing opposition to people protesting. An apathy towards a cause — an apathy that works in favour of the lawmakers whose decision the masses are protesting against.

Quebec student protests

"My associate found it unsettling to see so many people decrying a group standing up for what they believe in and exercising their rights."

In essence, my associate found it unsettling to see so many people decrying a group standing up for what they believe in and exercising their rights — the fear was that it was headed down a road that could erode our freedoms and play right into the hands of those who wish to control and rule us.

However, I believe there is another side.

I do consider the current situation in Quebec to be brought on by a people spoiled by the lowest tuition in North America, free child care and constant political pandering. It's hard to be sympathetic to people who have it, compared to most students, pretty good.

It would be akin to Albertans marching through the streets to protest our $1.13-per-litre gas prices while those paying $1.30 or more elsewhere rolled their eyes.

Part of the freedom of expression is the ability to tell others to shut up. They don't have to listen, but, just because someone else has a problem, it doesn't mean I can't voice my disagreement.

Maybe it's the residual effect from the Occupy protests, where many of us failed to really see what exactly those camping in Olympic plaza were trying to get across. The failure eroded the true power of protests.

Perhaps if one is going to take to the street in outrage, it should be in light of the more serious allegations of corruption in our national police force, or a high-spending and closed-off government, as opposed to a problem students across our nation wish they had.

Lest we erode the power of the human assembly and voice.

Weird news

Rats! Pied Piper city has gnawing problem

The German city of Hamelin may be in need of another Pied Piper — it seems the rats are back.

City officials say a popular fountain has been put out of service after the rodents gnawed through a power cable, according to the Sueddeutsche Zeitung newspaper.

The Lower Saxony city is where, legend has it, the Pied Piper led all the rats out in 1284 with his magic pipe into the Weser River, where they drowned.

But more than 700 years later, city officials say such drastic measures may not be necessary. The fountain was due to be permanently closed anyway because of the high upkeep costs.

And the solution in the fictitious Piper story isn't practical anyway: Rats are actually pretty good swimmers. THE ASSOCIATED PRESS

Wild horses won't drag him away

MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.
THE ASSOCIATED PRESS

Young bucks wrangle young stallions

Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

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Metropolitan Panel

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What's the most overrated burger topping?

Twitter

@MarinaGiacomin
Gorgeous evening in #yyc. Enjoyed a lovely walk by the river with the pooches :) #Happiness

@jasmin_101
My tweenions, Your thoughts on day drunk? #lilacfest #yyc

@jonincalgary
Best way to get rid of a squirrel that's digging up our garden? I think shooting it would be frowned upon in city limits. #yyc

@NikiGaliatsatos
Some guy just belly flopped into a pothole filled with water ! Champ ! #LilacFestival #YYC

@testfirst
I keep forgetting. The Lilac Festival in #yyc is not for kids.

@X929
Beer Gardens is the place to be! Cowpuncher is putting on a kickass show and there is fun had by all. Except you...#yyc #lilacfest

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2 SCENE

Box office

Men in Black 3 takes down Avengers

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with $55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in $37 million over the three days to push its domestic total to $514 million and become only the fourth movie ever to top half a billion dollars.

THE ASSOCIATED PRESS

On the web

After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.

Rachel Nichols stars in Continuum, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with Continuum

New TV series. Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination," says the actress, whose past credits include Conan the Barbarian, GI Joe: The Rise of Cobra and JJ Abrams' Star Trek reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series Continuum, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidently sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, Continuum is shot in Vancouver, a city that's played host to a bevvy of sci-fi shows in the past including the X-Files, Stargate SG-1 and Battlestar Galactica.

Despite her previous roles, Nichols had never visited the city until this January, but she thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on Criminal Minds and Alias as well as landing dramatic roles in Shop Girl and Charlie Wilson's War.

- But where there was once a stigma against film actors doing television, these days, few people make a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."
- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

Actor avoids stereotypes in hockey hit Goon

Montreal actor Marc-Andre Grondin was fortunate enough to land his first English-language role in the gleefully violent hockey hit Goon, which pounded down its Hollywood competition to top the Canadian box office upon its release in February.

But given how the Quebecois actor exaggerated his slight accent for the role of the druggy, underachieving sniper Xavier Laflamme, he said the offers haven't exactly been rolling in.

"With the accent I have in the movie, I don't know if I'm going to get more jobs in English," laughed Grondin during a recent interview in Toronto.

Indeed, the 28-year-old speaks English with far more fluid confidence in person than he does in the film, which cast him as a hot-shot scorer relegated to the minors after his talent dissolved in a haze of drugs, booze and women.

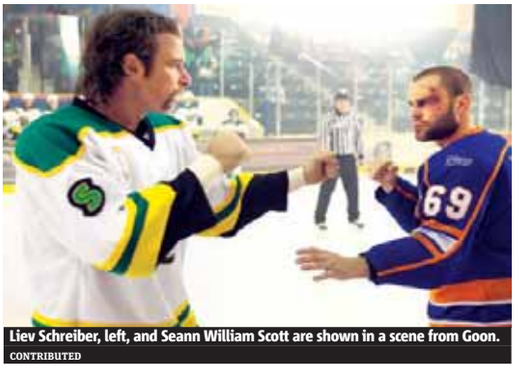
The roommate to the sweetly savage titular character played by Seann William Scott, Laflamme eventually begins to rediscover his scoring touch as their rag-tag squad climbs the standings.

Grondin was already friends with Montreal actor Jay Baruchel — who co-wrote and stars in the film, which will be released on DVD on Tuesday — prior to landing the role. So he felt comfortable relaying his concerns about an early draft of the script that saddled his character with a few too many Quebec stereotypes.

"I was just like: 'I think we need to tweak it a bit because I really don't want to be the guy who (makes) everyone in Quebec say traitor!'" said Grondin, who starred in 2005's Genie Award-winning C.R.A.Z.Y.

"I can laugh at myself, I can laugh at my culture, but ... I didn't want the fact that the character is French-Canadian to be the comic relief."

THE CANADIAN PRESS



Liev Schreiber, left, and Seann William Scott are shown in a scene from Goon. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Gisele Bundchen

Gisele Bundchen and Tom Brady await baby number two

Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. Another baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."

Quoted

"I want to have a big family. I love kids."

Gisele Bundchen

Sean "P. Diddy" Combs

Puff Daddy photographer blows off steam

Sean "P. Diddy" Combs' recent Twitter boasting about his plans to blow $2 million at a Miami strip club drew the ire of one disgruntled freelance photographer. Rob Hoffman claims he completed a job for Diddy in February but has still not been paid — and he took to Twitter himself to call out the hip-hop mogul. "Infuriating when you fight to get paid by people who are bragging about throwing 2 mil around at a f--ing strip club," Hoffman posted.

The Word

Glee star Cory Monteith takes a stand for at-risk youth

THE WORD
Kate Webb
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than $50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

M: How did you become an ambassador for RE*Generation?

CM: I started with RE*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

M: Is that something you saw a lot of growing up on Vancouver Island?

CM: Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

M: What does Project Limelight mean to you personally?

CM: This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community. The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

CANADIANS CAN DONATE $5 TO VIRGIN UNITE AND RE*GENERATION BY TEXTING REGEN TO 30333.

Keira Knightley ALL PHOTOS GETTY IMAGES

Keira Knightley engaged to Klaxons' James Righton

Keira Knightley is reportedly set to marry British musician James Righton, according to Hollyscoop — though details about the privacy-minded actress' plans are hard to come by. Righton, a member of the band Klaxons, recently moved into Knightley's London home, and the pair are apparently planning to expand the household: "They want to get a puppy. It's all pretty serious," a source says.

Reporter snubbed, MIB-style

The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him in the cheek and he moved his head so fast," the reporter, Vitalli Sediuk, says in an interview with Hip Hollywood. "Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaviour," he says. "I think it was too much. Now I understand that it was too much."

Will Smith

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3 LIFE

Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web

States urged to do better in aiding grandparents, other relatives who fill child-raising void

Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS
Mommyish.com

This recent Time cover has caused much examination of mommyhood.

The Olympics are coming this summer. If "Mommy Shaming" was up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an Internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere.

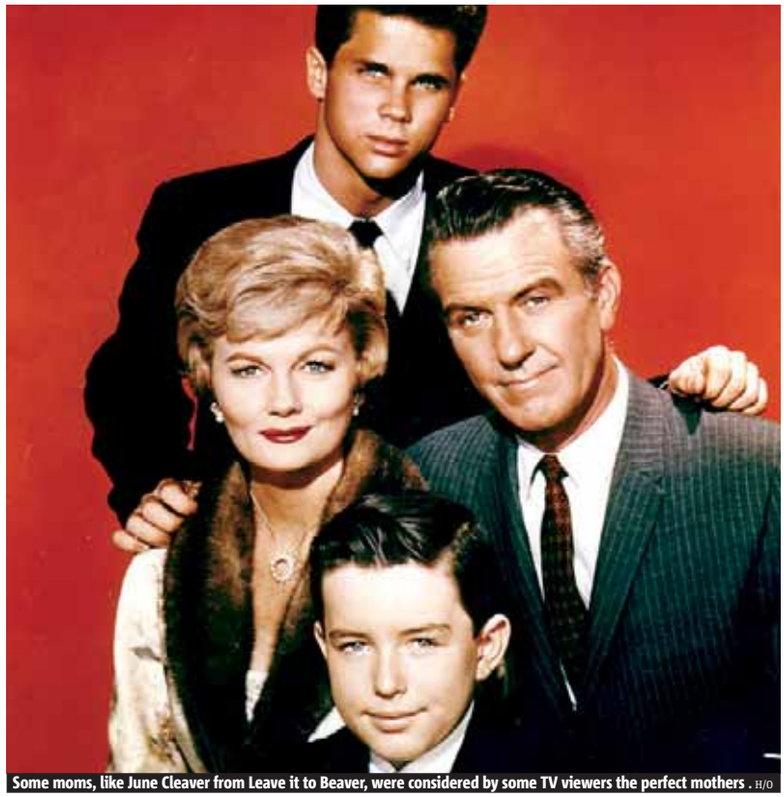
For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" is a reminder that addiction can take many forms. It might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh?


Some moms, like June Cleaver from Leave it to Beaver, were considered by some TV viewers the perfect mothers . H/O

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it.

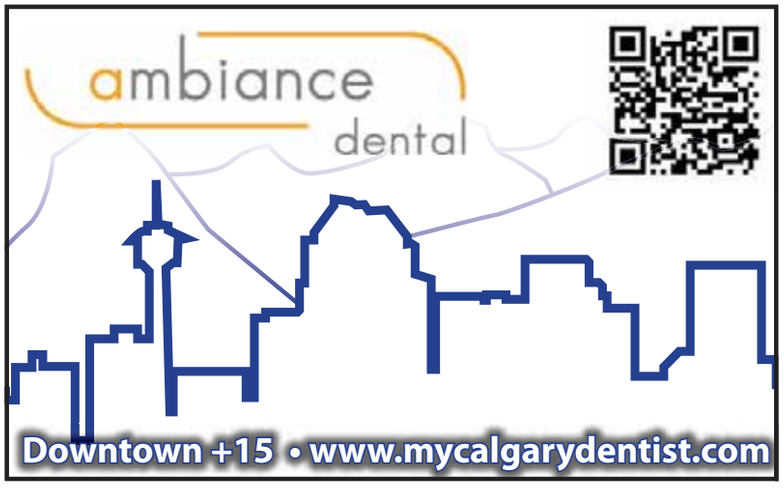
Look at the controversial Time magazine cover. Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives.

The fact is, we all seem to feel comfortable passing judgment on parents for big or small offences. So often, we see extreme stories like "Tan Mom" and we don't have a problem piling on the negativity.

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have. It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction.



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Guru of to-do: She's making a list, and she's marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day." Leslie Traill

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.

Visit Leslie Traill's website at sexyoversixty.com.

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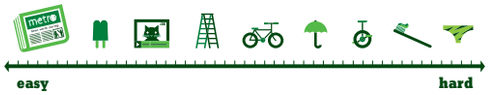

Return of the sewing thread: A very creative comeback

Rich in the stitch.
The simple act of sewing is teaching young learners about independence, artistry and sustainability

There's a pretty floral dress Holly Rueter can't wait to wear this summer. The A-line frock is one of many in her closet but it's extra special because the 15-year-old made it herself. From picking the fabric to stitching the frills, Rueter is among a growing number of young Canadians who are threading needles and cutting patterns as sewing comes back into style.

"I love designing clothing, so being able to make something that I envision is really great, said Rueter, whose close friends have now started sewing as well.

"A lot of people at school think it's really cool that I sew ... It's made me more patient, more creative."

Rueter first got familiar with the activity two years ago at Sew Be It Studio, a Toronto operation which runs a summer camp and year-round classes geared specifically toward young sewers.

With its relaxed atmosphere and fresh approach to youth fashion, the company has given the activity an image far different than the brand of sewing associated with grandmas and great aunts.

"We made it cool again, we gave it edge, we gave it fun. They love being here, they love learning," said studio co-owner Lindsey Wise. "There's a huge trend right now toward people learning to sew."

Angela Kelly, who runs the Little Button Sewing Studio in Edmonton sees the same enthusiasm in her young students.

"Their favourite thing is when they wear it or use it, they get a lot of comments from it," she said. "It's also something they can do all by themselves."

Kelly has seen youth demand for her sewing classes grow in just the past year. The summer camps her studio offers have filled up fast and her student base has doubled.

In addition to getting their creative juices flowing, sewing also helps students gain a degree of independence, said Heidi de Mesa, who runs the Spools and Bobbins sewing school near Halifax.

"I'm not controlling what they're doing. They're very independent and responsible for what they're making," she said.

Students in her classes learn how to buy their own material, figure out how to calculate measurements for their designs and even practice ironing their final creations, all while enjoying the social interaction that comes with learning the activity in a group setting.

There's also a sustainability aspect to the whole activity as sewing encourages the recycling of garments.

"It may seem simple, but these are life skills," said de Mesa. "Everyone works at their own pace. There's no competition, there's no rushing and it needs to be an enjoyable thing...I think it's having a comeback."

THE CANADIAN PRESS

That's sew awesome!

"A lot of people at school think it's really cool that I sew ... It's made me more patient, more creative."

Holly Rueter
Student at Sew Be It Studio

Sew Be It Studio owners Lindsey Wise, left, and Dilys Tong at the Toronto studio where they offer sewing classes for youth. SEW BE IT STUDIO/ THE CANADIAN PRESS

Get real

TV fuels creative talent

- Part of the interest in sewing is driven by the popularity of designer-based reality television shows like Project Runway, said Angela Kelly, where contestants have to conceptualize and create their own garments — an activity her own students can eventually try their hands at.
- "TV has totally pushed for sewing and designing," she said. "I have a lot of students that are applying for fashion schools."

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metro
HEALTH-CARE CAREERS
Monday, May 28, 2012

Your career checkup

Explore the many rewarding careers available in the health-care field. THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

YLVA VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa. "Today we manage the disease," says Shamian, "but we're not managing the lifestyle factors that increase the risk of chronic diseases, nor the prevention."

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

INTEGRATED CARE

Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

SUPPORT SERVICES

Manpower forecasts an increase in non-clinical jobs in health care such as medical clerks and assistants, bilingual service reps, health and safety co-ordinators, and clinical data managers.

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Osteopathy. The magic touch

KELLY PUTTER
For Metro

Osteopaths develop a fine sense of touch that allows them to treat joints, soft tissue, organs and the nervous system. ISTOCKPHOTO/THINKSTOCK

Caryn Seniscal's all-consuming hunger for knowledge is what drove the Vancouver resident to a career in osteopathy.

A successful massage therapist since the late 1980s, Seniscal knew she was diving in deep by committing to a five-year osteopathic program that wouldn't see her graduate until her late 40s. Despite the trepidation and lack of support from some friends, she forged ahead.

"I had this epiphany that if I'm going to go in a new direction, I'm going to go for the whole enchilada," recalls Seniscal, now 55.

Today, she runs the Vancouver Osteopathy Centre. Her "love affair" with the profession stems from her work with clients, many of whom turn to her as their last hope for help.

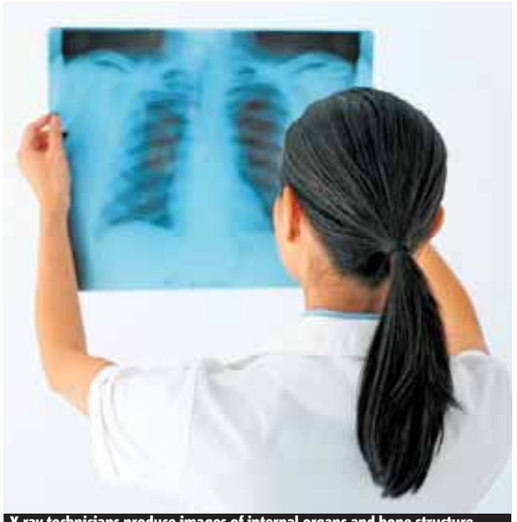
"Often, people will try everything else and nobody can help them before coming to an osteopath," she says. "I'm sort of the last stop on the train and I feel a huge responsibility."

Osteopathy is a natural medicine that treats the patient holistically through gentle manual manipulation. Osteopaths develop a fine sense of touch that allows them to treat joints, soft tissue, organs and the nervous system and be aware of how all of these are connected in their quest to get to the source of the issue.

There are a number of private schools in Canada that teach osteopathy. Before enrolling in a course or program, students should find out what standards the school adheres to, advises Chantale Bertrand, an osteopath and president of the Canadian Federation of Osteopaths (CFO).

It's believed there are about 1,600 osteopathic practitioners in Canada. By comparison, the country has only a handful of osteopathic doctors, who received their education in the U.S. They are fully qualified to practise regular medicine in addition to osteopathy. These osteopathic physicians numbered about 200 in Ontario in the 1920s, but after the provincial government took away their ability to prescribe medication, their numbers dwindled.

The College of Osteopathic Studies offers a part-time course that takes five years to complete. Students must have a bachelor's degree in a health-related discipline such as kinesiology or physiotherapy. Students are required to write a thesis to obtain their diploma. The cost of the program is about $30,000.



X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Specialize. X-rays and ultrasounds are critical

JON TATTRIE
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces. Certification by the Canadian Association of Medical Radiation Technologists is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between $38,000 and $50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

Broad spectrum of senior care

KELLY PUTTER
For Metro

Expect plenty of jobs in senior health care since population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

If a career in health care sounds appealing, you might want to consider working with the country's growing elderly population.

Expect plenty of jobs as population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years.

"There's no question that services for the aging population will be increasing in demand," says Pat Irwin, president of ElderCareCanada, a firm that consults on services for seniors. "But if you're seeking a career in this area you have to genuinely care for seniors."

Health-care careers for seniors cover a broad spectrum. Some call for minimal formal training, while others require years of post-secondary education. Places of employment include nursing homes, retirement communities, seniors' community centres, public health clinics, hospitals and home care.

Let's consider some careers in elder health care:

• A personal support worker, formerly known as a nurse's aide, assists with bathing, dressing and ensuring medications are taken. The PSW requires six to nine months of training in an accredited facility such as a community college.

• A registered practical nurse (RPN) or licensed practical nurse (LPN) or registered nursing assistant (RNA) do routine medical assessments, such as taking blood pressure and temperature under the direction of a qualified medical practitioner or RN.

• A registered nurse (RN) and nurse practitioners graduate from a formal program of nursing education. They provide more extensive health care and may dispense medication.

• Occupational therapists assist elderly patients who may have trouble getting around after a broken hip or a stroke. These professionals are typically educated at a master's degree level.

• A physiotherapist provides physical rehabilitation and pain relief. They assess a patient's physical abilities and needs and develop an individualized treatment plan including therapeutic exercise, manipulations, massage and education. A master's degree is required to practise this profession.

• Speech language pathologists have expertise in assessment and intervention of typical disorders of communication and swallowing. A master's degree or equivalent is the minimum requirement.

• A dietician is a health-care professional who focuses on proper food and nutrition in order to promote good health for seniors. A bachelor's degree plus an internship is the minimum requirement.

• Geriatric social workers help the elderly deal with their relationships and solve personal and family problems. They try to improve the quality of life for seniors and help alleviate some of the negative aspects of aging. Generally, a master's of social work degree is required.

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The melt-in-your-mouth goodness of mushrooms

This recipe serves two. NEWS CANADA

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

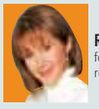
NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ⅛ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Healthy eating

Choose it and lose it



ROSE REISMAN
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Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

Montana's Canadiana Burger with Fries

1,480 calories/ 89 g fat/ 29 g saturated fat/ 3,150 mg sodium
This burger's fatty Peameal bacon, Colby cheese and mayo result in a day's worth of calories and fat.

Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to 1 cup of salted butter in calories.

Montana's Sirloin Burger with Mashed Potatoes

880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.

Paint your way to cleaner air

Damage control. Can a new kind of paint 'react to pollutants and neutralize them'? Metro investigates

BEN KNIGHT
life@metronews.ca

Take that, pollutants: Boysen KNOxOUT paint can help remove dangerous nitrogen oxides from the air. ISTOCK IMAGES

Most efforts to combat air pollution focus on keeping pollutants from hitting the air in the first place.

Ultimately, that simply isn't possible — especially in the world's biggest, most polluted cities.

But now an innovative company in the Philippines has found a way to remove dangerous nitrogen oxides (NOx) from the air in traffic-snarled Manila.

… Using paint.

"We're trying to turn something that is harmful to human health and the environment into something that is essentially harmless," says Johnson Ongking, vice-president of Boysen Paints.

The product — called Boysen KNOxOUT — is an exciting new use for titanium dioxide, a chemical commonly used to make paint white.

"When you make it into a really small size, you amplify its ability to react to pollutants and neutralize them," Ongking explains.

"It also gives the paint self-cleaning properties. It's really powerful stuff."

Basically, the paint reacts with light and the water vapour in the air, snagging NOx and converting it into calcium nitrate, a far less dangerous compound.

"Calcium nitrate is used as a fertilizer," he adds. "So, in essence, what you've done is locked up a harmful gas into a solid particle, that can just be washed off the wall."

The paint causes the reaction, but isn't actually consumed by it. This means the titanium dioxide catalyst never gets saturated.

"As long as the paint's on the wall and you've got a source of light, the process just keeps going on. It's really the water vapour molecules doing the work."

Tests at high-pollution traffic junctions in Manila are showing a 20 per cent drop in NOx levels.

The company is now commissioning eight gigantic roadside murals to be painted with KNOxOUT — each a thousand-square metres.

"One of the things people do when they want to help the environment is to go plant a tree," Ongking says. "One square meter of our paints cleans as much NOx as a mature tree. One artwork of a thousand square meters is really like planting a thousand trees."

Early results are so encouraging, the paint is now being studied by cities around the world.

"There's been really strong interest," he concludes. "Air pollution is a problem globally."

Service Directory
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PSYCHIC

bodhi

You are all invited to join us for Meditation on Twin Hearts on Friday at 7:30pm. This is very simple, yet very powerful meditation with Physical, mental & Psychological benefits. This meditation is free and open to people 16 years and older.

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Golf

Donald overtakes McIlroy with win

Luke Donald replaced Rory McIlroy at the top of the world rankings for the third time in 10 weeks by retaining the BMW PGA Championship title on Sunday, boosting his hopes of finally ending his major drought this summer.

Displaying his trademark consistency on the greens and from the tee, Donald cantered to a four-stroke victory at the biggest event on the European Tour by shooting a 4-under 68 — his fourth straight round under 70 — to finish on 15 under par at Wentworth. THE ASSOCIATED PRESS

Luke Donald lifts the trophy in Virginia Water, England, on Sunday. THE ASSOCIATED PRESS

NBA

Spurs stretch win streak to 19 games

Manu Ginobili scored 26 points and the San Antonio Spurs won their 19th in a row to tie the NBA record for longest winning streak kept alive in the playoffs, beating the Oklahoma City Thunder 101-98 to open the Western Conference finals on Sunday night.

Kevin Durant led the Thunder with 27 points. Russell Westbrook had 17.

The 2001 Lakers are the only other team to carry a winning streak this long in the playoffs — and they went on to win a championship. THE ASSOCIATED PRESS

Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan, Italy. FABIO FERRARI/THE ASSOCIATED PRESS

Hesjedal storms to victory in Italy

Giro d'Italia. 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"The day I pulled on the jersey for the first time, I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement. THE CANADIAN PRESS

Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and, he hopes, inspire the next generation of Canadian cyclists.

- "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said. METRO

Memorial Cup. Host Cataractes finish off underdog run with CHL title

Anton Zlobin scored his second goal of the game 17:51 into overtime to lift the Shawinigan Cataractes to their first MasterCard Memorial Cup title with a 2-1 victory over the London Knights on Sunday night.

Zlobin took a pass from behind the net from captain Michael Bournival and drilled a quick shot that beat Knights goaltender Michael Houser and sent the sellout crowd into a frenzy. The Cataractes forward leapt into the air before he was mobbed by teammates on the ice.

Zlobin had tied the game in the second period after Ryan Rupert scored in the first for the Ontario Hockey League champion Knights.

Sunday's game

Cataractes	Knights
2	1

It was the first overtime in nine tournament games and it came with Shawinigan playing a fourth game in five nights.

London was coming off a five-day break.

More than 5,000 fans were crammed into the 4,125-seat Bionest Centre in Shawinigan, crowding into standing room and even sitting in the stairways, with air horns and Thunderstix adding to the din.

After the second period, the PA announcer reminded fans that air horns were "restricted," but the blaring went on just the same.

London had the better of the play for most of the game, keeping the Cataractes to the outside on defence and generating several chances at the other end, where Cataractes goaltender Gabriel Girard had a superb game. THE CANADIAN PRESS

Auto racing. Franchitti pulls off Indy 500 hat trick

Dario Franchitti stamped his name in the record books, as a three-time winner of the Indianapolis 500.

But this was not about Franchitti: It was all for Dan Wheldon.

Franchitti won a wheel-to-wheel, last-lap battle Sunday, sailing away to the checkered flag when Takuma Sato spun out trying to make one last pass on the inside and slammed into the wall. Franchitti's Chip Ganassi Racing teammate Scott Dixon crossed the finish line right behind the Scotsman.

Third went to Tony Kanaan, making it a podium sweep for Wheldon's three closest friends in the IndyCar series. Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub, their fallen friend. THE ASSOCIATED PRESS

Dario Franchitti celebrates in victory circle Sunday at Indianapolis Motor Speedway. THE ASSOCIATED PRESS

4 SPORTS

UFC

"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

UFC heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

NHL playoffs

"It doesn't matter whether it's your first year or your fifth year. So you don't get picky when these opportunities come along. You enjoy every minute of it, as much as you can, because it's awful tough to get here."

New Jersey Devils head coach Peter DeBoer. The Devils advanced to the Stanley Cup final with 3-2 overtime win over the New York Rangers in Game 6 of the Eastern Conference final on Friday night in New Jersey.

On the web

Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	29	19	.604	—
Tampa Bay	29	19	.604	—
New York	26	21	.553	2½
Toronto	24	24	.500	5
Boston	23	24	.489	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	21	.553	—
Chicago	26	22	.542	½
Detroit	23	24	.489	3
Kansas City	19	27	.413	6½
Minnesota	15	32	.319	11

WEST DIVISION

	W	L	Pct	GB
Texas	30	18	.625	—
Los Angeles	24	25	.490	6½
Oakland	22	26	.458	8
Seattle	21	29	.420	10

Yesterday's results
Texas 12 Toronto 6
Chicago White Sox 12 Cleveland 6
Detroit 4 Minnesota 3
Kansas City 4 Baltimore 2
L.A. Angels 4 Seattle 2
N.Y. Yankees 2 Oakland 0
Tampa Bay 4 Boston 3
Saturday's results
Texas 8 Toronto 7 (13 innings)
Boston 3 Tampa Bay 2
Chicago White Sox 14 Cleveland 7
Detroit 6 Minnesota 3
Kansas City 4 Baltimore 3
L.A. Angels 5 Seattle 3
N.Y. Yankees 9 Oakland 2
Today's games — All Times Eastern
Detroit (Fister 0-2) at Boston (Doubront 4-2), 1:35 p.m.
Oakland (Blackley 0-0) at Minnesota (Diamond 3-1), 2:10 p.m.
Chicago White Sox (Sale 5-2) at Tampa Bay (M.Moore 1-4), 3:10 p.m.
Kansas City (Adcock 0-2) at Cleveland (Tomlin 1-2), 4:05 p.m.
Baltimore (Tom.Hunter 2-2) at Toronto (Hutchison 3-2), 7:07 p.m.
Seattle (Millwood 3-4) at Texas (M.Harrison 5-3), 8:05 p.m.
N.Y. Yankees (P.Hughes 4-5) at L.A. Angels (Weaver 6-1), 9:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	29	18	.617	—
New York	27	21	.563	2½
Miami	26	22	.542	3½
Atlanta	26	23	.531	4
Philadelphia	25	24	.510	5

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	27	20	.574	—
St. Louis	26	22	.542	1½
Pittsburgh	23	24	.489	4
Houston	22	25	.468	5
Milwaukee	19	28	.404	8
Chicago	15	32	.319	12

WEST DIVISION

	W	L	Pct	GB
Los Angeles	32	15	.681	—
San Francisco	25	23	.521	7½
Arizona	22	26	.458	10½
Colorado	17	29	.370	14½
San Diego	17	32	.347	16

Yesterday's results
Arizona 4 Milwaukee 3
Cincinnati 7 Colorado 5
L.A. Dodgers 5 Houston 1
N.Y. Mets 2 San Diego 0
Pittsburgh 10 Chicago Cubs 4
San Francisco 3 Miami 2
St. Louis 8 Philadelphia 3
Washington 7 Atlanta 2
Saturday's results
Arizona 8 Milwaukee 5
Cincinnati 10 Colorado 3
L.A. Dodgers 6 Houston 3
Miami 5 San Francisco 3
N.Y. Mets 9 San Diego 0
Philadelphia 4 St. Louis 0
Pittsburgh 3 Chicago Cubs 2
Washington 8 Atlanta 4
Today's games — All Times Eastern
Philadelphia (Hamels 7-1) at N.Y. Mets (Niese 3-2), 1:10 p.m.
St. Louis (Lynn 7-1) at Atlanta (Hanson 5-3), 1:10 p.m.
Washington (Zimmermann 3-4) at Miami (Zambrano 2-3), 1:10 p.m.
Cincinnati (Arroyo 2-2) at Pittsburgh (Ja.McDonald 3-2), 1:35 p.m.
San Diego (Suppan 2-3) at Chicago Cubs (T.Wood 0-1), 2:20 p.m.
Houston (W.Rodriguez 4-4) at Colorado (Nicasio 2-2), 3:10 p.m.(1st game)
Arizona (Cahill 2-4) at San Francisco (Zito 3-2), 5:05 p.m.
Houston (Undecided) at Colorado (White 1-3), 8:10 p.m. (2nd game)
Milwaukee (Marcum 2-3) at L.A. Dodgers (Harang 3-2), 8:10 p.m.

RANGERS 12, BLUE JAYS 6

Toronto	ab	r	h	bi	Texas	ab	r	h	bi
YEscor ss	2	1	1	0	Kinsler dh	5	2	2	4
RDavis rf	2	0	0	0	Andrus ss	5	1	2	2
Rasms cf	5	2	3	2	Hamltn cf	4	0	0	0
Bautist rf-3b	4	0	0	1	Gentry ph-cf	1	0	0	0
Encrnc dh	5	0	2	1	Beltre 3b	4	1	1	2
Thams lf	4	0	0	0	MYong 2b	4	1	3	0
Arencii c	4	2	2	2	DvMrp lf	3	2	1	0
Lawrie 3b-ss	3	0	1	0	N.Cruz rf	4	1	1	1
Cooper 1b	4	0	0	0	Napoli c	3	3	2	2
Vizquel 2b	3	1	1	0	Morlnd 1b	3	1	0	1
Totals	**36**	**6**	**10**	**6**	**Totals**	**36**	**12**	**12**	**12**

Toronto	**001**	**110**	**012 — 6**
Texas	**072**	**000**	**30x — 12**

DP—Texas 1. LOB—Toronto 7, Texas 3. 2B—Rasmus (9), Lawrie (5), Kinsler (15), Andrus (11), M.Young (10), N.Cruz (12). HR—Rasmus (5), Arencibia 2 (9), Kinsler (6), Beltre (10), Napoli (8). SB—Lawrie (7).

Toronto	IP	H	R	ER	BB	SO
Drabek L,4-5	3	8	9	9	3	1
J.Chavez	5	4	3	3	0	7
Texas						
Darvish W,7-2	5	7	3	3	3	3
M.Lowe	2	1	0	0	0	1
Ogando	2-3	1	1	1	0	0
Tateyama	1 1-3	1	2	2	1	1

WP—Darvish.
T—2:48. A—46,637 (48,194) at Arlington, Texas.

HOCKEY

MEMORIAL CUP

CANADIAN MAJOR JUNIOR CHAMPIONSHIP

At Shawinigan, Que.
Last night's result
CHAMPIONSHIP
Shawinigan 2 London 1 (OT)

RECENT CHAMPIONS

2012 — Shawinigan Cataractes
2011 — Saint John Sea Dogs
2010 — Windsor Spitfires
2009 — Windsor Spitfires
2008 — Spokane Chiefs
2007 — Vancouver Giants
2006 — Quebec Remparts
2005 — London Knights
2004 — Kelowna Rockets

NHL PLAYOFFS

STANLEY CUP FINAL

(Best of 7)
Wednesday's game — All Times Eastern
Los Angeles at New Jersey, 8 p.m.
Saturday, June 2
Los Angeles at New Jersey, 8 p.m.
Monday, June 4
New Jersey at Los Angeles, 8 p.m.
Wednesday, June 6
New Jersey at Los Angeles, 8 p.m.
Saturday, June 9
x-Los Angeles at New Jersey, 8 p.m.
Monday, June 11
x-New Jersey at Los Angeles, 8 p.m.
Wednesday, June 13
x-Los Angeles at New Jersey, 8 p.m.
x — played only if necessary.

SCORING LEADERS

	G	A	PT
Kovalchuk, NJ	7	11	18
Giroux, Pha	8	9	17
D.Brown, LA	7	9	16
Kopitar, LA	6	9	15
B.Richards, NYR	6	9	15
Parise, NJ	7	7	14
Briere, Pha	8	5	13
Zajac, NJ	7	5	12
Girardi, NYR	3	9	12
Gaborik, NYR	5	6	11
M.Richards, LA	4	7	11
Henrique, NJ	3	8	11
Salvador, NJ	3	8	11
J.Williams, LA	2	9	11
Callahan, NYR	6	4	10
McDonald, StL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Clarkson, NJ	3	7	10
Penner, LA	3	7	10
Del Zotto, NYR	2	8	10
Doughty, LA	2	8	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Doan, Phx	5	4	9

CYCLING

GIRO D'ITALIA

At Milan, Italy
Yesterday's results
Final stage — 28.2 kilometre time trial
1. Marco Pinotti, Italy, BMC Racing, 33 minutes, six seconds; 2. Geraint Thomas, Britain, Sky Procycling, 39 seconds behind; 3. Jesse Sergent, New Zealand, RadioShack-Nissan, 0:53; 4. Alex Rasmussen, Denmark, Garmin-Barracuda, 1:00; 5. Thomas De Gendt, Belgium, Vacansoleil, 1:01; **6. Ryder Hesjedal, Victoria, Garmin-Barracuda, 1:09**; 7. Gustav Erik Larsson, Sweden, Vacansoleil, 1:14; 8. Maciej Bodnar, Poland, Liquigas, 1:15; **9. Svein Tuft, Langley, B.C., Orica-GreenEdge, 1:22**; 10. Julien Vermote, Belgium, Omega Pharma-Quickstep, 1:23.
Other Canadian — 150. Christian Meier, Sussex, N.B., Orica-GreenEdge, 5:24.
Overall Standings (final after 21 stages)
1. Ryder Hesjedal, Victoria, Garmin-Barracuda, 91 hours, 39 minutes, two seconds; 2. Joaquin Rodriguez, Spain, Katusha, 16 seconds behind; 3. Thomas De Gendt, Belgium, Vacansoleil, 1:39; 4. Michele Scarponi, Italy, Lampre, 2:05; 5. Ivan Basso, Italy, Liquigas, 3:44; 6. Damiano Cunego, Italy, Lampre, 4:40; 7. Rigoberto Uran Uran,Columbia, Sky Procycling, 5:57; 8. Domenico Pozzovivo, Italy, Colnago, 6:28; 9. Sergio Montoya, Colombia, Sky Procycling, 7:50; 10. Mikel Nieve, Spain, Euskaltel, 8:08.
Other Canadians — 135. Christian Meier, Sussex, N.B., Orica-GreenEdge, 4:23:03; 148. Svein Tuft, Langley, B.C., Orica-GreenEdge, 4:52:35.

AUTO RACING

INDY 500

At Indianapolis
Yesterday's results
(starting position in parentheses)
1. (16) Dario Franchitti, Honda, 200 laps; 2. (15) Scott Dixon, Honda, 200; 3. (8) Tony Kanaan, Chevrolet, 200; 4. (27) Oriol Servia, Chevrolet, 200; 5. (1) Ryan Briscoe, Chevrolet, 200; **6. (2) James Hinchcliffe, Oakville, Ont., Chevrolet, 200**; 7. (21) Justin Wilson, Honda, 200; 8. (14) Charlie Kimball, Honda, 200; 9. (20) Townsend Bell, Honda, 200; 10. (6) Helio Castroneves, Chevrolet, 200.
11. (10) Rubens Barrichello, Chevrolet, 200; **12. (11) Alex Tagliani, Lachenaie, Que., Honda, 200**; 13. (12) Graham Rahal, Honda, 200; 14. (18) J.R. Hildebrand, Chevrolet, 200; 15. (17) James Jakes, Honda, 200; 16. (23) Simon Pagenaud, Honda, 200; 17. (19) Takuma Sato, Honda, 199, contact; 18. (9) E.J. Viso, Chevrolet, 199; 19. (22) Michel Jourdain, Honda, 199; 20. (25) Sebastien Bourdais, Chevrolet, 199.
21. (28) Ed Carpenter, Chevrolet, 199; 22. (30) Katherine Legge, Chevrolet, 199; 23. (13) Ana Beatriz, Chevrolet, 190; 24. (4) Marco Andretti, Chevrolet, 187, contact; 25. (7) Josef Newgarden, Honda, 161, mechanical; 26. (24) Sebastian Saavedra, Chevrolet, 143, electrical; 27. (3) Ryan Hunter-Reay, Chevrolet, 123, suspension; 28. (5) Will Power, Chevrolet, 79, contact; 29. (29) Mike Conway, Honda, 78, contact; 30. (31) Bryan Clauson, Honda, 46, mechanical.
31. (26) Wade Cunningham, Honda, 42, electrical; 32. (32) Simona de Silvestro, Lotus, 10, 105 percent rule; 33. (33) Jean Alesi, Lotus, 9, 105 percent rule.
RACE STATISTICS
Time of Race: Two hours, 58 minutes, 51.2532 seconds.
Winner's Average Speed: 167.734 m.p.h.
Margin of Victory: Race finished under caution.
Cautions: Eight for 39 laps.
Lead Changes: 34 among 10 drivers.
Lap Leaders: Hinchcliffe, 1; Briscoe, 2-4; **Hinchcliffe, 5-6**; Briscoe, 7-15; **Hinchcliffe, 16-17;** Briscoe, 18-19; Andretti, 20-21; Briscoe, 22; Andretti, 23-44; **Tagliani, 45-46**; Dixon, 47; Kimball, 48-49; Andretti, 50-73; Dixon, 74-78; Kimball, 79; Andretti, 80-90; Dixon, 91-118; Sato, 119-123; Barrichello, 124-125; Sato, 126-146; Dixon, 147; Sato, 148-152; Franchitti, 153-159; Dixon, 160; Franchitti, 161-162; Dixon, 163-171; Franchitti, 172-173; Dixon, 174-176; Franchitti, 177; Dixon, 178; Franchitti, 179-186; Kanaan, 187-193; Franchitti, 194; Dixon, 195-198; Franchitti, 199-200.
IRL SERIES STANDINGS
1. Power, 200; 2. (tie), Castroneves and **Hinchcliffe**, 164; 4. Dixon, 153;, 5. Hunter-Reay, 143; 6. (tie), Franchitti and Pagenaud, 136; 8. Briscoe, 128; 9. Kanaan, 113; 10. Hildebrand, 103.

F1 MONACO GRAND PRIX

At Monaco
Yesterday's results
1. Mark Webber, Australia, Red Bull, 78 laps, one hour, 46 minutes, 6.557 seconds, 147.312 km/h; 2. Nico Rosberg, Germany, Mercedes, 78, 1:46:07.200; 3. Fernando Alonso, Spain, Ferrari, 78, 1:46:07.504; 4. Sebastian Vettel, Germany, Red Bull, 78, 1:46:07.900; 5. Lewis Hamilton, Britain, McLaren, 78, 1:46:10.658; 6. Felipe Massa, Brazil, Ferrari, 78, 1:46:12.752; 7. Paul di Resta, Britain, Force India, 78, 1:46:48.094; 8. Nico Hulkenberg, Germany, Force India, 78, 1:46:49.119; 9. Kimi Raikkonen, Finland, Lotus, 78, 1:46:50.593; 10. Bruno Senna, Brazil, Williams, 78, 1:46:51.073.

NASCAR SPRINT CUP COCA-COLA 600

At Concord, N.C.
Yesterday's results
(starting position in parentheses)
1. (7) Kasey Kahne, Chevrolet, 400 laps, 135.5 rating, 47 points; 2. (8) Denny Hamlin, Toyota, 400, 112.7, 43; 3. (17) Kyle Busch, Toyota, 400, 119.2, 42; 4. (4) Greg Biffle, Ford, 400, 135.5, 42; 5. (24) Brad Keselowski, Dodge, 400, 99.6, 40; 6. (12) Dale Earnhardt Jr., Chevrolet, 400, 94.5, 38; 7. (23) Jeff Gordon, Chevrolet, 400, 100.2, 38; 8. (14) Kevin Harvick, Chevrolet, 400, 100.9, 37; 9. (28) Carl Edwards, Ford, 400, 88.1, 35; 10. (20) Matt Kenseth, Ford, 399, 93, 34.
11. (3) Jimmie Johnson, Chevrolet, 399, 111.2, 33; 12. (15) Martin Truex Jr., Toyota, 399, 84.2, 32; 13. (5) Clint Bowyer, Toyota, 398, 85, 31; 14. (16) Ryan Newman, Chevrolet, 398, 75.3, 30; 15. (9) Paul Menard, Chevrolet, 398, 73.2, 29; 16. (1) Aric Almirola, Ford, 398, 82.1, 29; 17. (10) Regan Smith, Chevrolet, 398, 72.5, 27; 18. (18) Landon Cassill, Toyota, 398, 65.3, 27; 19. (22) Jeff Burton, Chevrolet, 398, 71.6, 25; 20. (29) Juan Pablo Montoya, Chevrolet, 398, 64.9, 24.
21. (31) Jamie McMurray, Chevrolet, 397, 76.3, 23; 22. (25) Casey Mears, Ford, 397, 53.9, 22; 23. (19) Joey Logano, Toyota, 397, 57.4, 21; 24. (13) Trevor Bayne, Ford, 397, 59, 0; 25. (21) Tony Stewart, Chevrolet, 397, 60.6, 19; 26. (39) David Gilliland, Ford, 397, 53.8, 18; 27. (42) Kurt Busch, Chevrolet, 396, 54.3, 17; 28. (26) Bobby Labonte, Toyota, 396, 46.7, 16; 29. (37) Travis Kvapil, Toyota, 395, 46.7, 15; 30. (40) Danica Patrick, Chevrolet, 395, 42.9, 0.
RACE STATISTICS
Time of Race: Three hours, 51 minutes, 14 seconds.
Winner's Average Speed: 155.687 m.p.h.
Margin of Victory: 4.295 seconds.
Caution Flags: Five for 23 laps.
Lead Changes: 31 among 11 drivers.
NASCAR SPRINT CUP STANDINGS
1. G.Biffle, 453 points; 2. M.Kenseth, 443; 3. D.Hamlin, 437; 4. D.Earnhardt Jr., 435; 5. J.Johnson, 405; 6. M.Truex Jr., 404; 7. K.Harvick, 398; 8. Ky.Busch, 391; 9. T.Stewart, 388; 10. C.Edwards, 372; 11. B.Keselowski, 368; 12. C.Bowyer, 366.

GOLF

PGA CROWNE PLAZA INVITATIONAL AT COLONIAL

At Fort Worth, Texas
Par 70 — Final Round

Zach Johnson, $1,152,000	64-67-65-72—268
Jason Dufner, $691,200	65-64-66-74—269
Tommy Gainey, $435,200	66-67-73-67—273
Jim Furyk, $307,200	69-69-68-68—274
Harris English, $216,960	65-70-73-67—275
Rickie Fowler, $216,960	68-68-70-69—275
John Huh, $216,960	70-66-69-70—275
Chris Kirk, $216,960	71-69-70-65—275
Ryan Palmer, $216,960	68-67-70-70—275
Jonas Blixt, $160,000	73-67-66-71—277
Jonathan Byrd, $160,000	72-68-67-70—277
Ben Crane, $160,000	70-71-68-68—277
Sergio Garcia, $113,067	66-73-71-68—278
Kevin Na, $113,067	70-71-71-66—278
Kyle Reifers, $113,067	65-72-72-69—278
Chris Stroud, $113,067	69-73-67-69—278
David Hearn, $113,067	**71-72-65-70—278**

SENIOR PGA CHAMPIONSHIP

At Benton Harbor, Mich.
Par 71 — Final Round

Roger Chapman, $378,000	68-67-64-72—271
John Cook, $227,000	69-66-69-69—273
Hale Irwin, $143,000	71-66-69-68—274
Peter Senior, $74,400	74-67-71-63—275
Sandy Lyle, $74,400	74-71-66-64—275
Joe Daley, $74,400	73-72-66-64—275
Bernhard Langer, $74,400	73-68-69-65—275
Rod Spittle, $4,562	**75-72-70-74—291**

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	15	8	4	3	28	19	27
New York	13	8	3	3	26	18	26
Kansas City	12	8	3	1	17	10	25
Chicago	12	5	4	3	15	15	18
Columbus	12	5	4	3	13	13	18
Houston	11	4	3	4	12	12	16
New England	12	4	7	1	16	18	13
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	12	5	3	4	13	14	19
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Yesterday's result
Kansas City 2 San Jose 1
Saturday's results
Toronto 1 Philadelphia 0
Vancouver 1 Portland 1
Colorado 3 Montreal 2
Houston 2 Los Angeles 1
Columbus 2 Chicago 1
D.C. United 3 New England 2
Real Salt Lake 3 Dallas 2
Seattle 1 Chivas USA 1

NASL

	GP	W	L	T	GF	GA	Pt
Puerto Rico	8	5	1	2	16	5	17
Minnesota	8	4	0	4	14	8	16
San Antonio	8	4	1	3	11	9	15
Tampa Bay	9	3	3	3	10	10	12
Fort Lauderdale	9	2	3	4	12	16	10
Edmonton	8	2	4	2	10	10	8
Carolina	9	0	4	5	11	18	5
Atlanta	9	0	4	5	11	19	5

Yesterday's result
San Antonio 2 Edmonton 2
Saturday's result
Atlanta 1 Fort Lauderdale 1
Friday's result
Minnesota 0 Tampa Bay 0

NBA PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

BOSTON (4) VS. PHILADELPHIA (8)
(Boston wins series 4-3)
Saturday's result
Boston 85 Philadelphia 75

CONFERENCE FINALS

(Best of 7)

WESTERN CONFERENCE

SAN ANTONIO (1) VS. OKLAHOMA CITY (2)
(San Antonio leads series 1-0)
Last night's result
San Antonio 101 Oklahoma City 98
Tomorrow's game
Oklahoma City at San Antonio, 9 p.m.
Thursday's game
San Antonio at Oklahoma City, 9 p.m.

EASTERN CONFERENCE

MIAMI (2) VS. BOSTON (4)
Tonight's game — All Times Eastern
Boston at Miami, 8:30 p.m.
Wednesday's game
Boston at Miami, 8:30 p.m.
Friday's game
Miami at Boston, 8:30 p.m.

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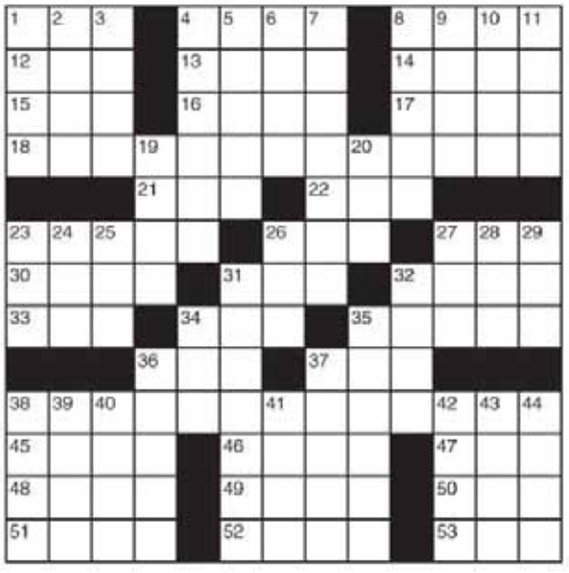
Crossword

Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL
53 Nourished

Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal
40 Gilligan's Island cast member
41 Pennsylvania port
42 Opposite of 36-Across
43 Reed instrument
44 Encircle



Sudoku

3						6	4	
	4	6			5			
		7			1	9		
8				6			1	
	5	3				2	8	
	7			2				3
		4	1			3		
			7			4	5	
	9	2						6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	7	5	9	4	8	6	3	1
4	3	8	1	5	6	2	9	7
1	9	6	7	3	2	5	8	4
8	6	2	5	7	9	4	1	3
7	5	1	4	6	3	9	2	8
9	4	3	2	8	1	7	5	6
3	8	7	6	2	5	1	4	9
6	2	9	8	1	4	3	7	5
5	1	4	3	9	7	8	6	2

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY KG MCGGUI GDI OSIWISSIY YQZ GW KCI AIIR, AGJEY HK OHMR UQKZS-YQZ?

Yesterday's Cryptoquip: IF YOU'RE CHEERING FOR A MAN WHO'S PLAYING TUG OF WAR, COULD YOU SAY THAT'S PULLING FOR HIM?
Today's Cryptoquip Clue: G equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY	TUESDAY	WEDNEDAY
MAX: 15° MIN: 3°	MAX: 16° MIN: 6°	MAX: 17° MIN: 6°

BT BREAKFAST TELEVISION
ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21. Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20. The stars suggest that something special is on the way.

Cancer | June 21 - July 22. Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22. Your path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22. It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22. Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21. A problem that has been nagging away at you in recent weeks can be dealt with directly now.

Sagittarius | Nov. 22 - Dec. 21. Your challenge this week is to work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan 20. Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb 18. Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20. You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON

Caption Contest

"I hope this isn't one of those things your tongue freezes to!"
Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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